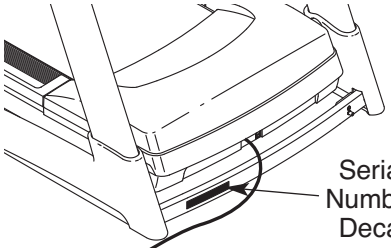
NordicTrack T19.0

Model No. NETL19810.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

UK
Call: 08457 089 009
From Ireland: 053 92 36102

Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

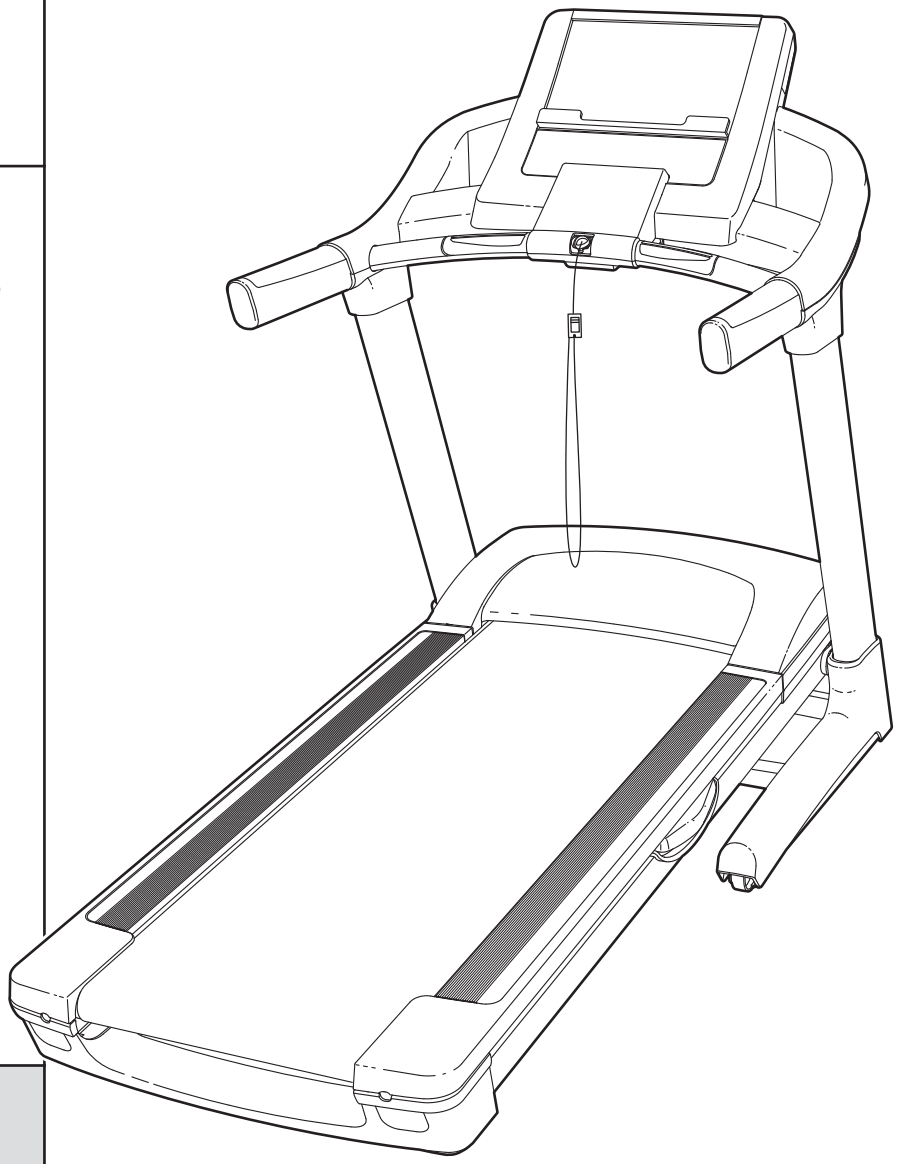
AUSTRALIA
Call: 1-800-237-173

E-mail:
australiacc@iconfitness.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



www.iconeurope.com

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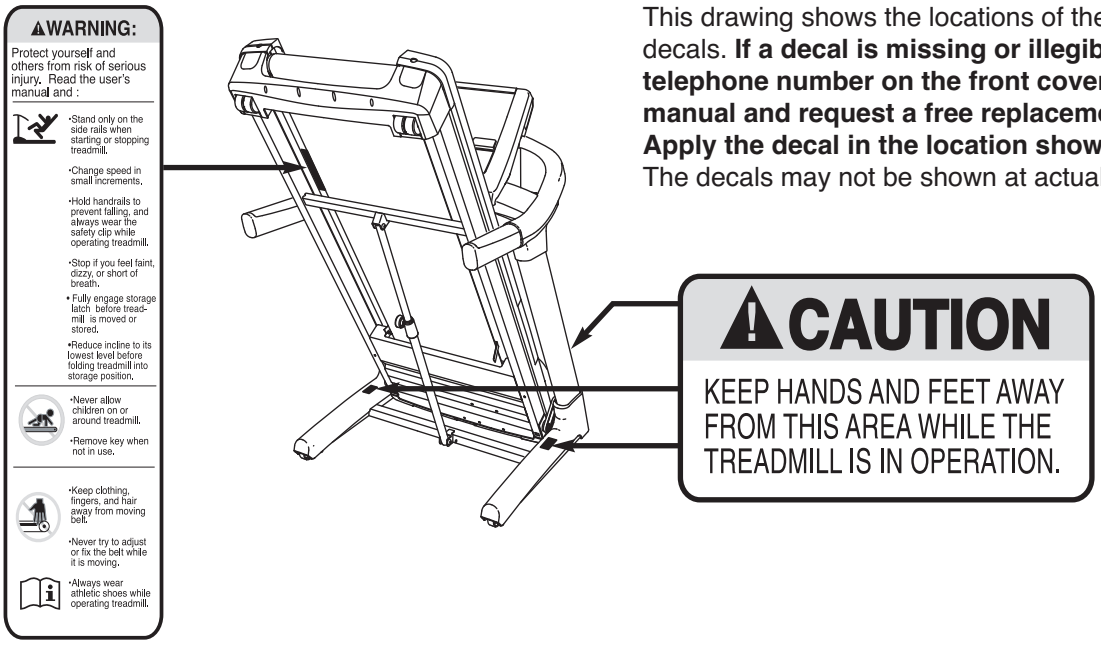
WARNING DECAL PLACEMENT


WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.
CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

NORDICTRACK is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under age 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 14), plug the power cord into an earthed circuit. No other appliance should be on the same circuit.**

12. **If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).**

13. **Keep the power cord away from heated surfaces.**

14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 28 if the treadmill is not working properly.)**

15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 16).**

16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**

19. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)**

20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 27.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

21. **Do not change the incline of the treadmill by placing objects under the treadmill.**

22. **Inspect and properly tighten all parts of the treadmill regularly.**

23. **Never insert or drop any object into any opening on the treadmill.**

24. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

25. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

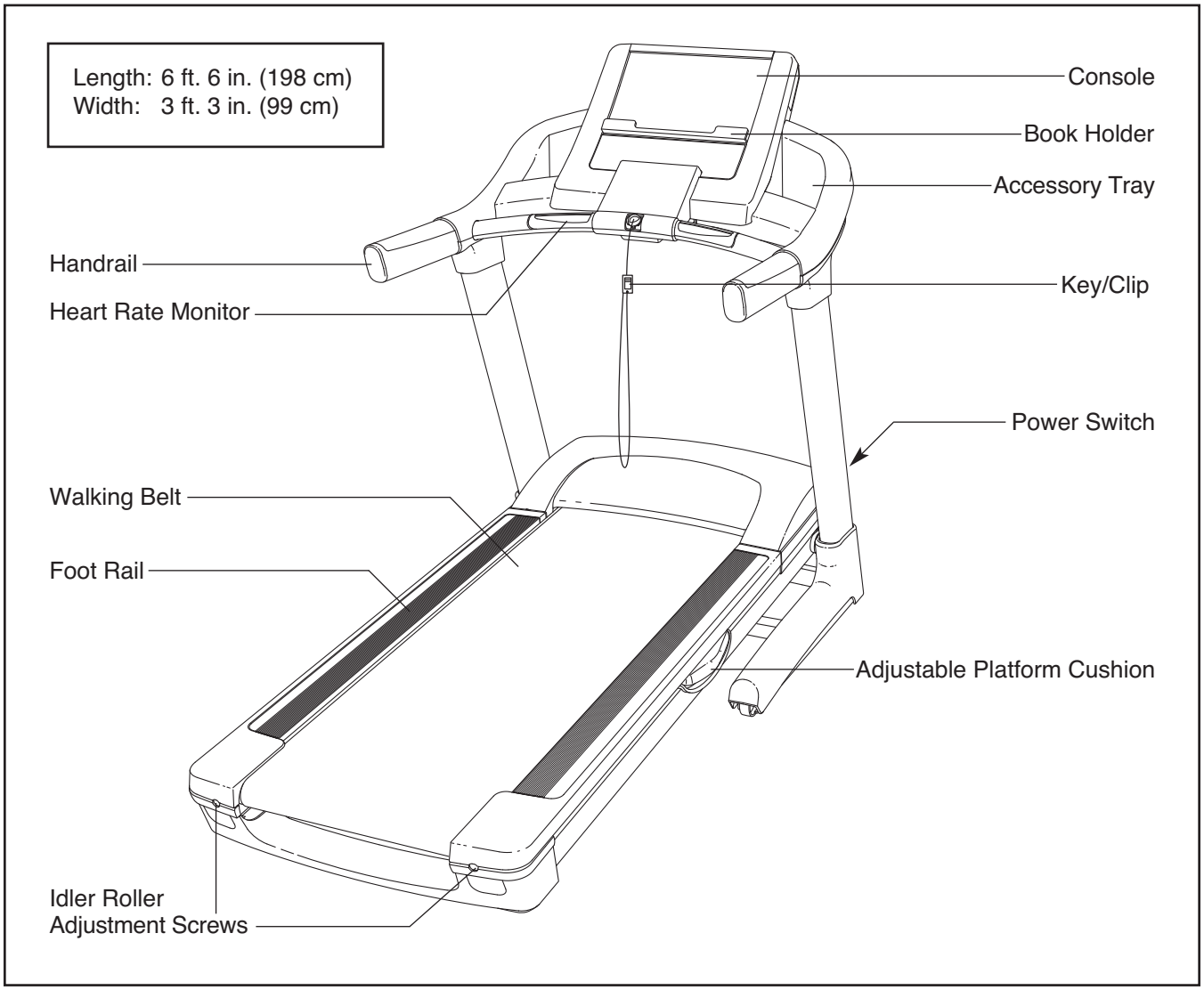
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® T19.0 treadmill. The T19.0 treadmill offers an impressive selection of features designed to make your workouts more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please look at the drawing below and familiarize yourself with the labeled parts.

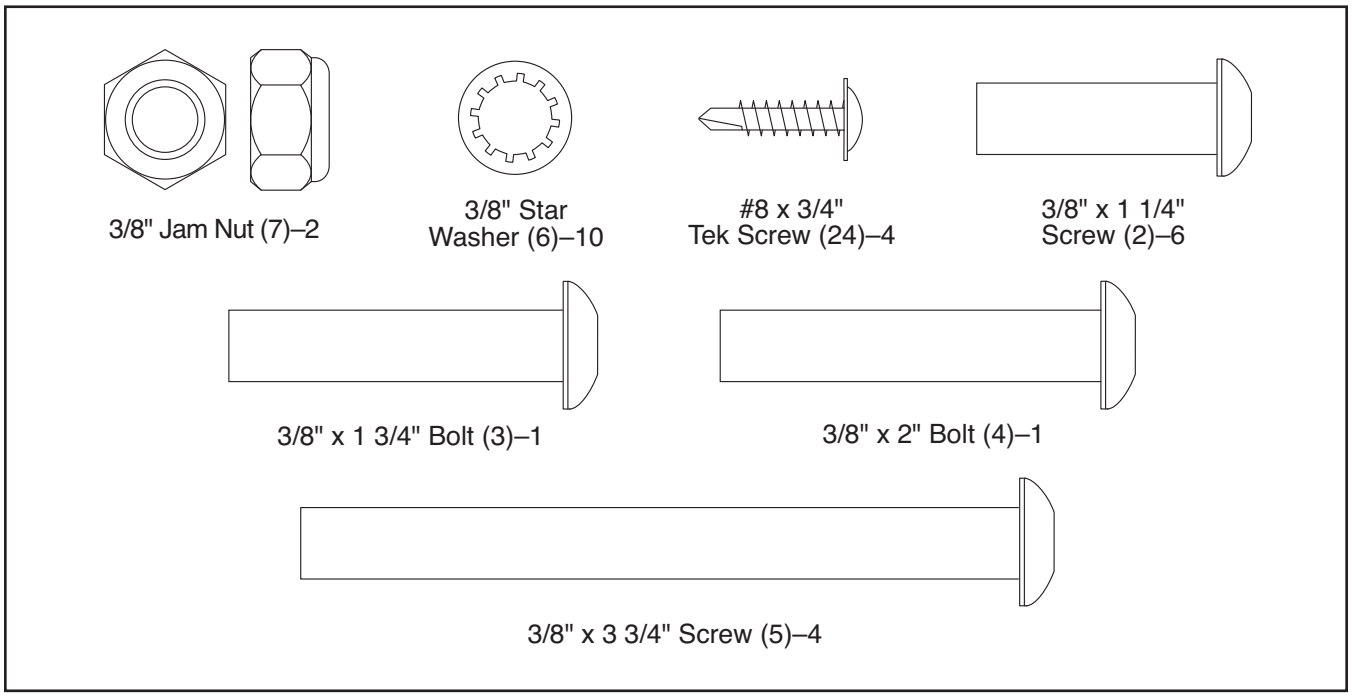


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own Phillips screwdriver and adjustable wrench .

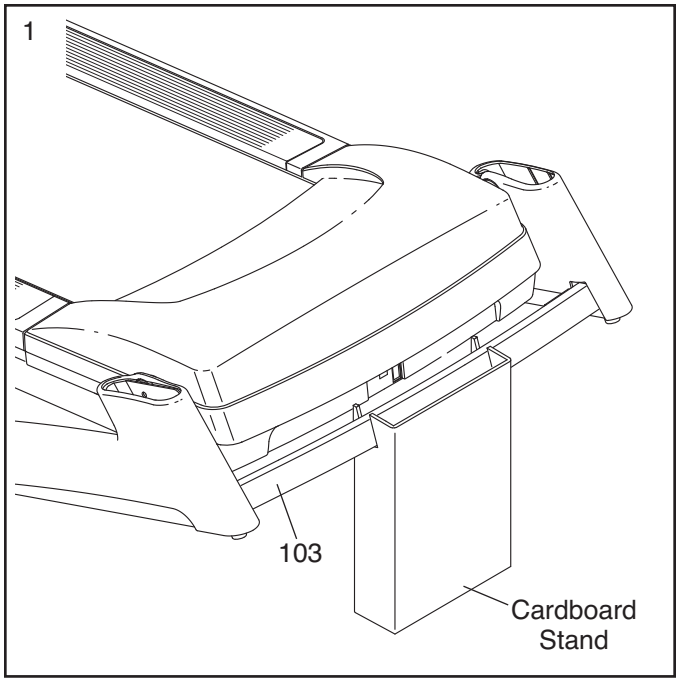
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**



1. **Make sure that the power cord is unplugged.**

   With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (103) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill until assembly step 3 to prevent it from moving forward or backward.**

⚠ WARNING: Serious injury may occur if the treadmill moves forward or backward and falls off the cardboard stand. A second person must hold the treadmill until assembly step 3 to prevent the treadmill from moving, tipping, or falling.



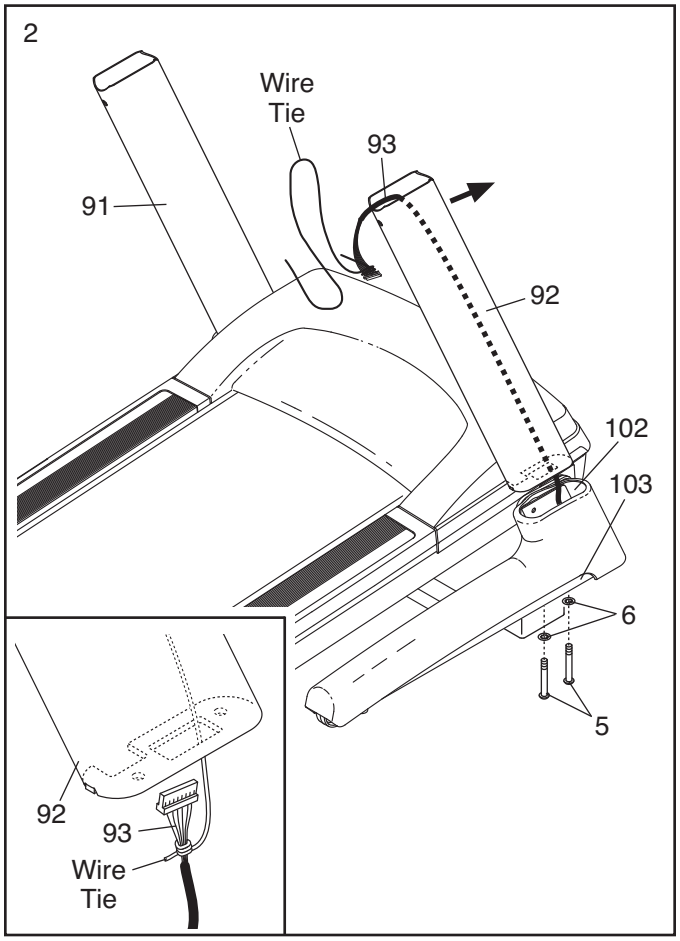
2. Identify the Right Upright (92), which is marked "Right."

   Have a second person hold the Right Upright (92) near the Right Base Cover (102). **See the inset drawing.** Tie the wire tie in the lower end of the Right Upright securely around the end of the Upright Wire (93). Then, pull the other end of the wire tie in the top of the Right Upright until the Upright Wire is routed through the Right Upright.

   Gently pull up on the Upright Wire (93) as you set the Right Upright (92) on the Base (103) inside the Right Base Cover (102). **Be careful not to pinch the Upright Wire.**

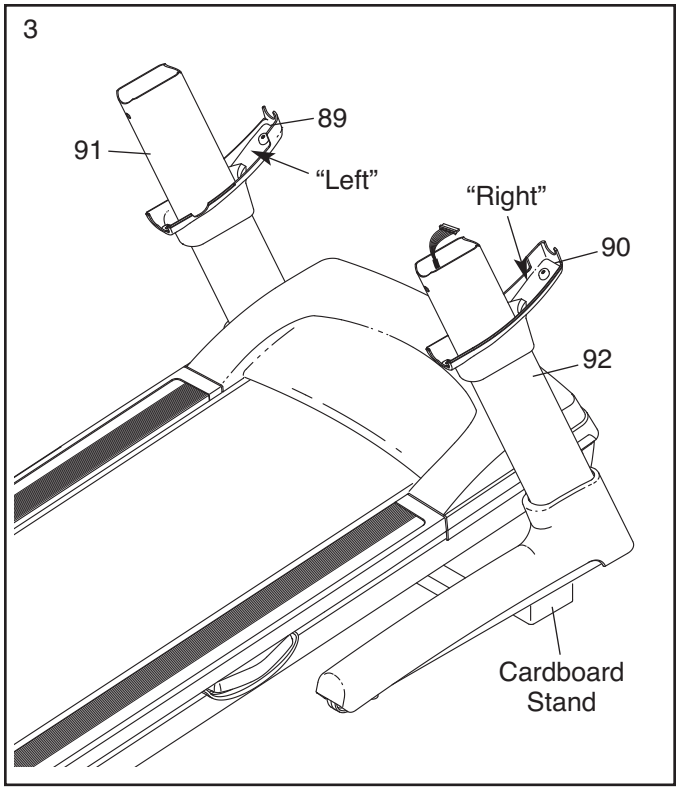
   Attach the Right Upright (92) to the Base (103) with two 3/8" x 3 3/4" Screws (5) and two 3/8" Star Washers (6). Note: It may be necessary to tip the top of the Right Upright forward slightly as you thread the Screws into it. **Do not tighten the Screws yet.**

   Attach the Left Upright (91) in the same way. Note: There are no wires on the left side.



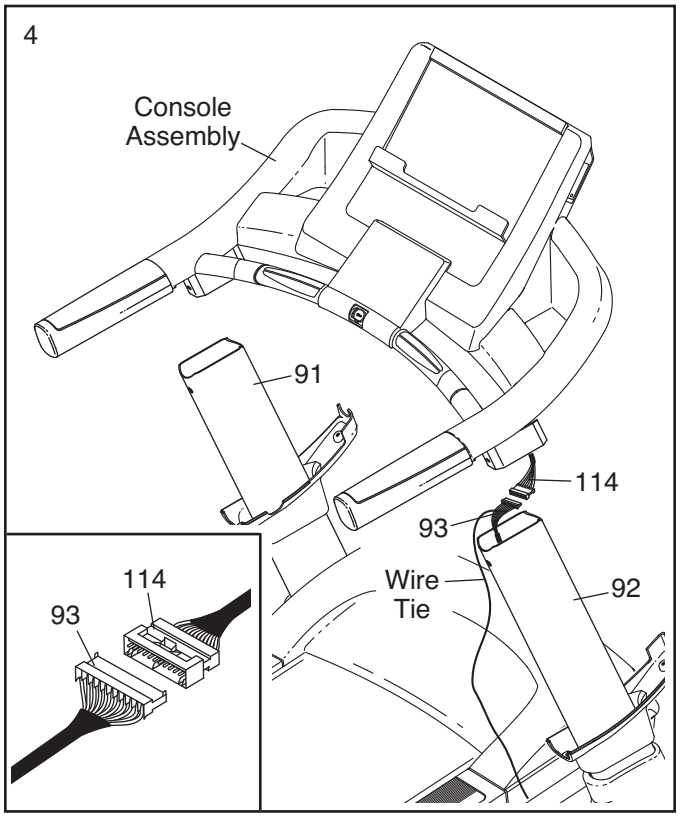
3. With the help of a second person, lower the treadmill off the cardboard stand. The stand will be used again in assembly step 10.

   Identify the Right Upright Sleeve (90) and the Left Upright Sleeve (89); the Upright Sleeves are labeled “Right” and “Left.” Slide the Right Upright Sleeve onto the Right Upright (92), and slide the Left Upright Sleeve onto the Left Upright (91).

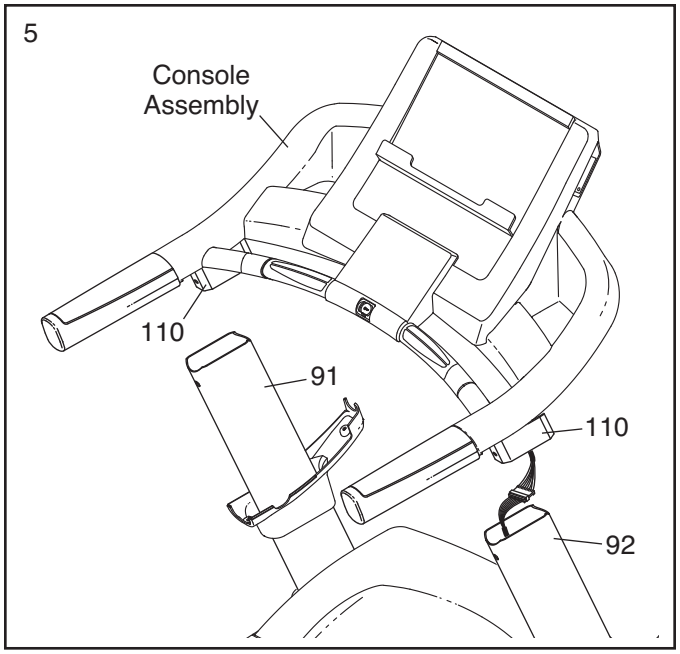


4. Have a second person hold the console assembly near the Uprights (91, 92).

   Connect the Upright Wire (93) to the Console Wire (114). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Remove the wire tie from the Upright Wire. Insert the connectors downward into the Right Upright (92).

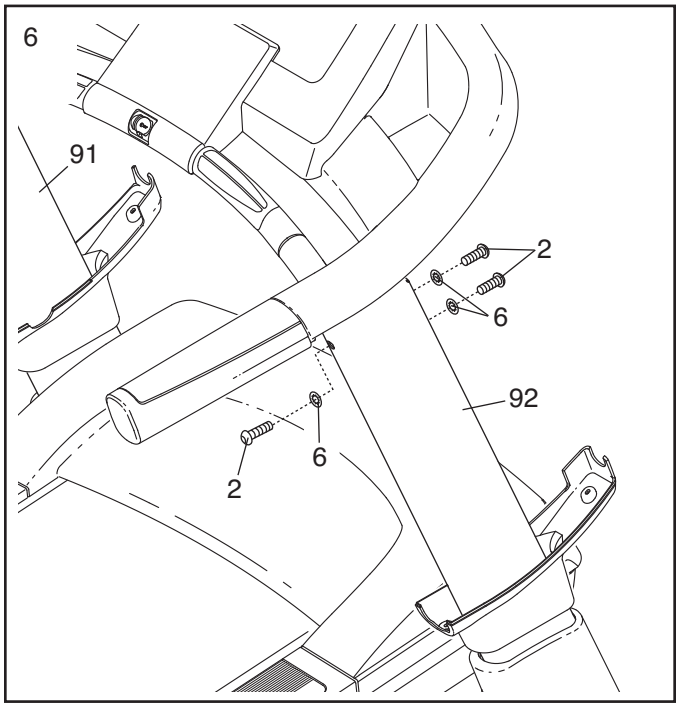


5. Insert the brackets on the Handrail (110) into the Uprights (91, 92). **Make sure that no wires are pinched.**



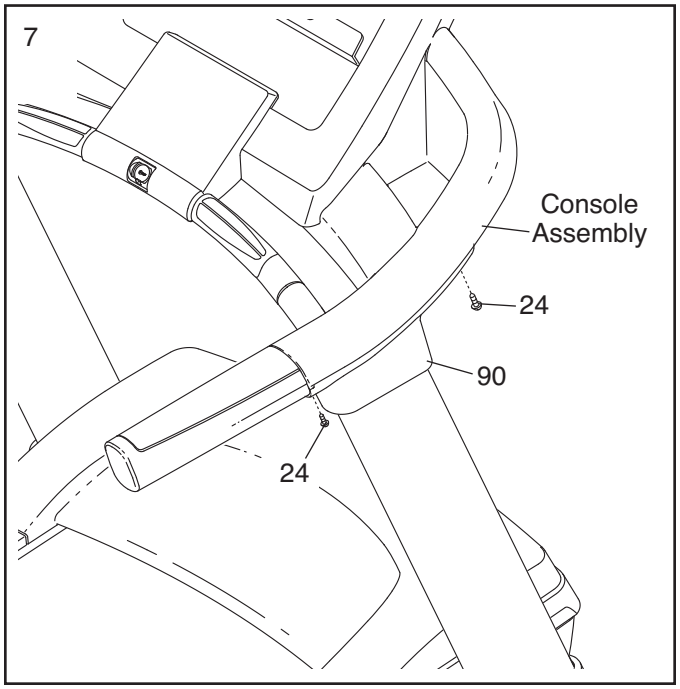
6. Partially tighten three 3/8" x 1 1/4" Screws (2) with three 3/8" Star Washers (6) into the Right Upright (92); **do not fully tighten the Screws yet.**

   Repeat this step with the Left Upright (91). Then, firmly tighten all six 3/8" x 1 1/4" Screws (2).



7. Slide the Right Upright Sleeve (90) upward against the console assembly. Attach the Right Upright Sleeve with two #8 x 3/4" Tek Screws (24).

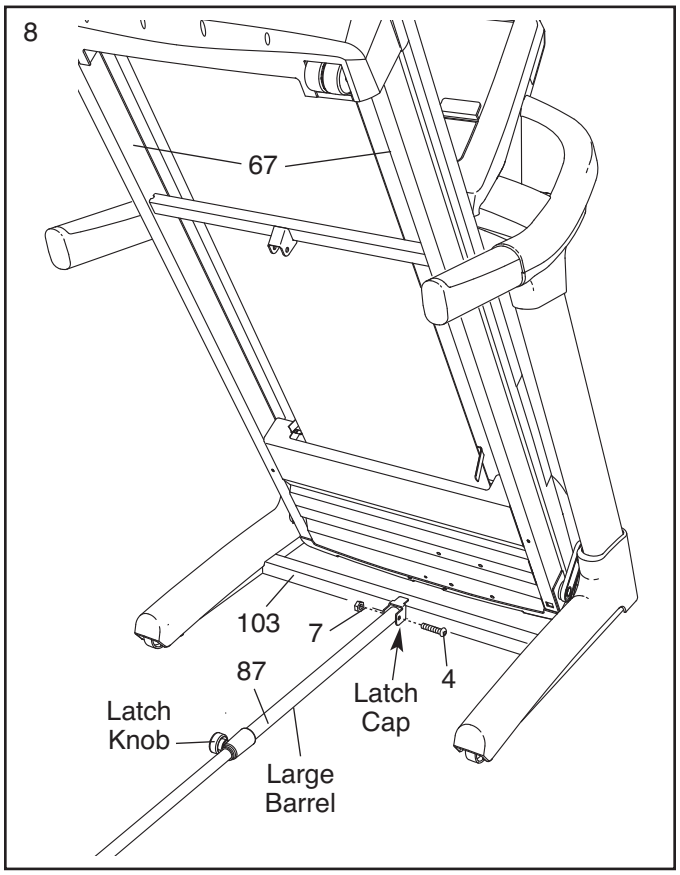
   Attach the Left Upright Sleeve (not shown) to the console assembly in the same way.



8. Raise the Frame (67) to the position shown. **Have a second person hold the Frame until step 9 is completed.**

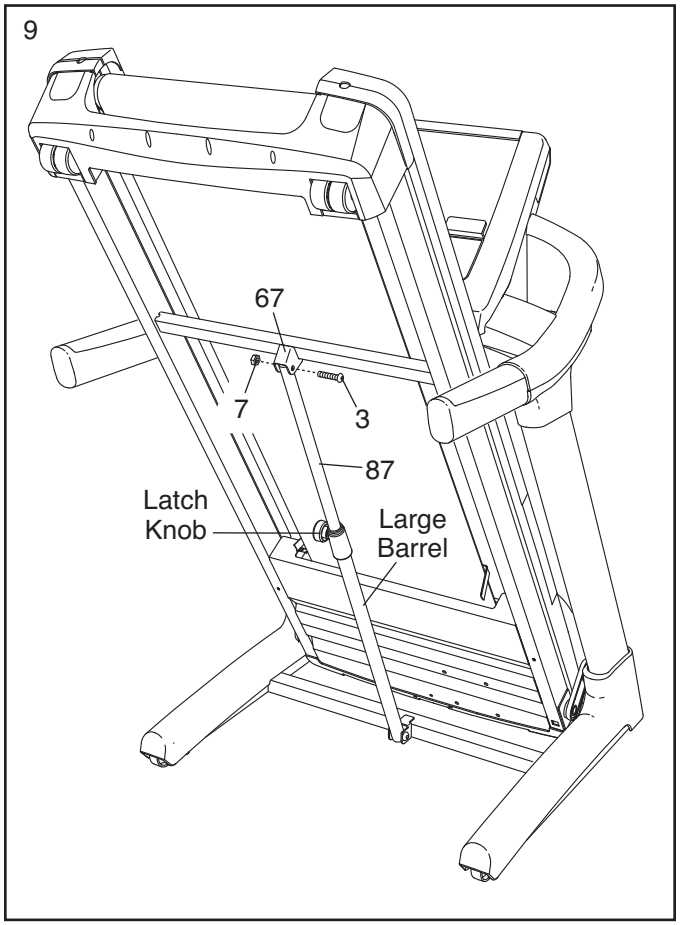
   Orient the Storage Latch (87) so that the large barrel and the latch knob are in the positions shown.

   Remove the tie from the lower end of the Storage Latch (87). Keep the holes in the latch cap aligned with the holes in the Storage Latch. **Make sure to keep the latch cap inside the Storage Latch.** Attach the Storage Latch to the bracket on the Base (103) with a 3/8" x 2" Bolt (4) and a 3/8" Jam Nut (7).



9. Remove the tie from the upper end of the Storage Latch (87). Attach the upper end of the Storage Latch to the bracket on the Frame (67) with a 3/8" x 1 3/4" Bolt (3) and a 3/8" Jam Nut (7). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

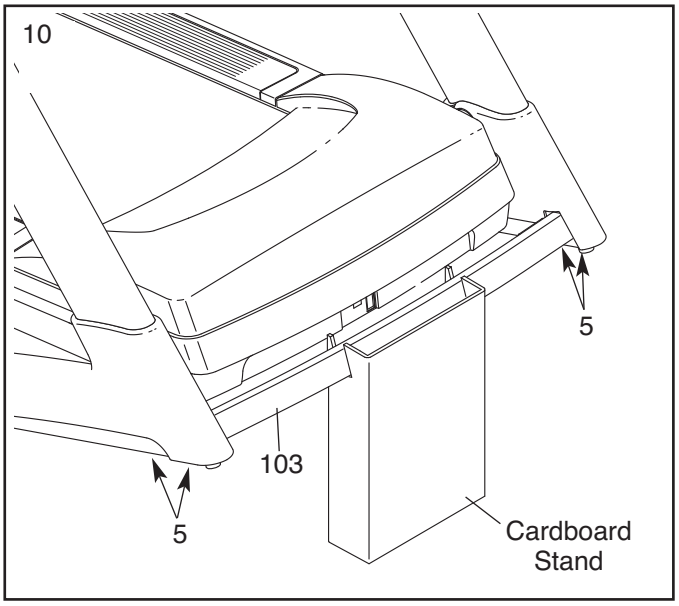
   Lower the Frame (67) (see HOW TO LOWER THE TREADMILL FOR USE on page 27).



10. With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (103) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward.**

    Firmly tighten the four 3/8" x 3 3/4" Screws (5).

    With the help of the second person, lower the treadmill off the cardboard stand.

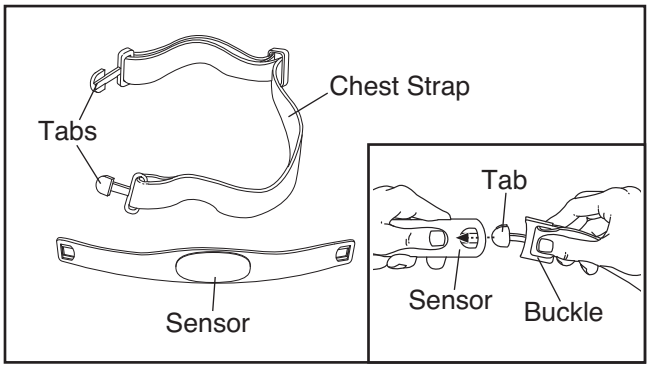


11. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 29 and 30). **To protect the floor or carpet from damage, place a mat under the treadmill. Extra hardware may be included.**

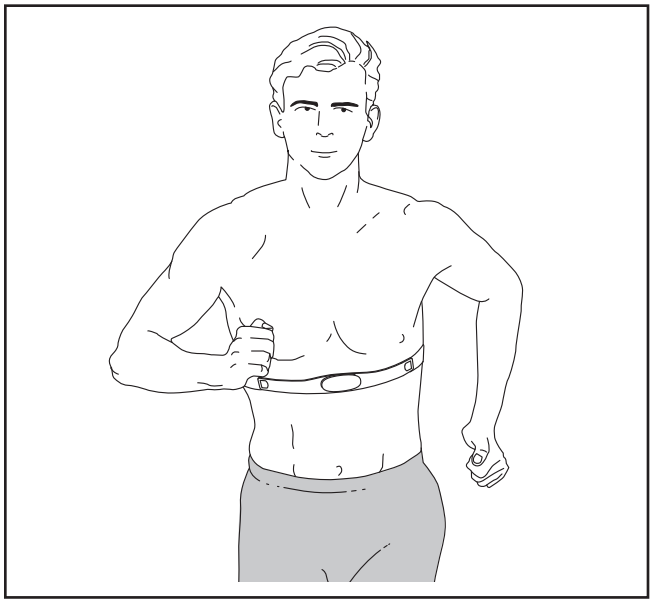
HOW TO USE THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

The chest heart rate monitor consists of two components: the chest strap and the sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor, as shown in the inset drawing. Press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.



Next, wrap the heart rate monitor around your chest and attach the other end of the chest strap to the sensor. Adjust the length of the chest strap, if necessary. The heart rate monitor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor is facing forward and is right-side-up.



Pull the sensor away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Then, return the sensor to a position against your chest.

CARE AND MAINTENANCE

- Thoroughly dry the heart rate monitor after each use. The heart rate monitor is activated when the electrode areas are wetted and the heart rate monitor is put on; the heart rate monitor shuts off when it is removed and the electrode areas are dried. If the heart rate monitor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.

- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).

- Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.

- Clean the sensor using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

TROUBLESHOOTING

The instructions on the following pages explain how the heart rate monitor is used with the console. If the heart rate monitor does not function properly, try the steps below.

- Make sure that you are wearing the heart rate monitor as described on page 12. Note: If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.

- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.

- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**

- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.

- The operation of the heart rate monitor can be affected by magnetic interference caused by high power lines or other sources. If you suspect that this is a problem, try relocating the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

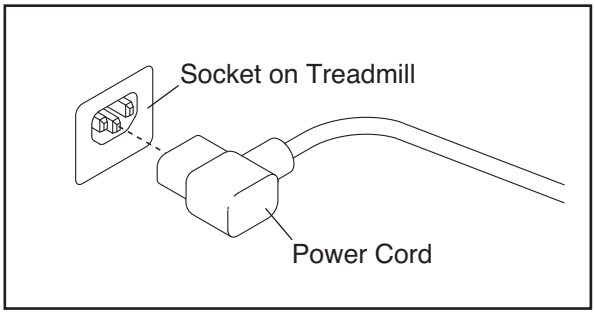
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

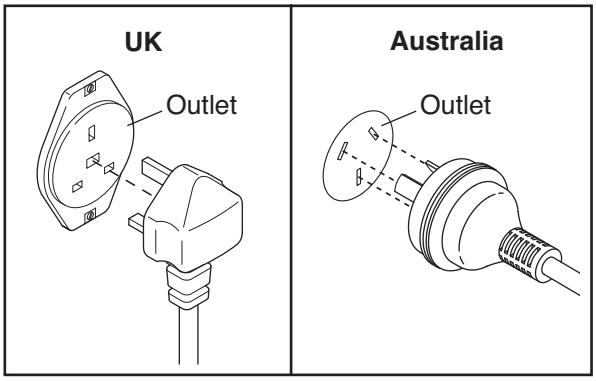
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

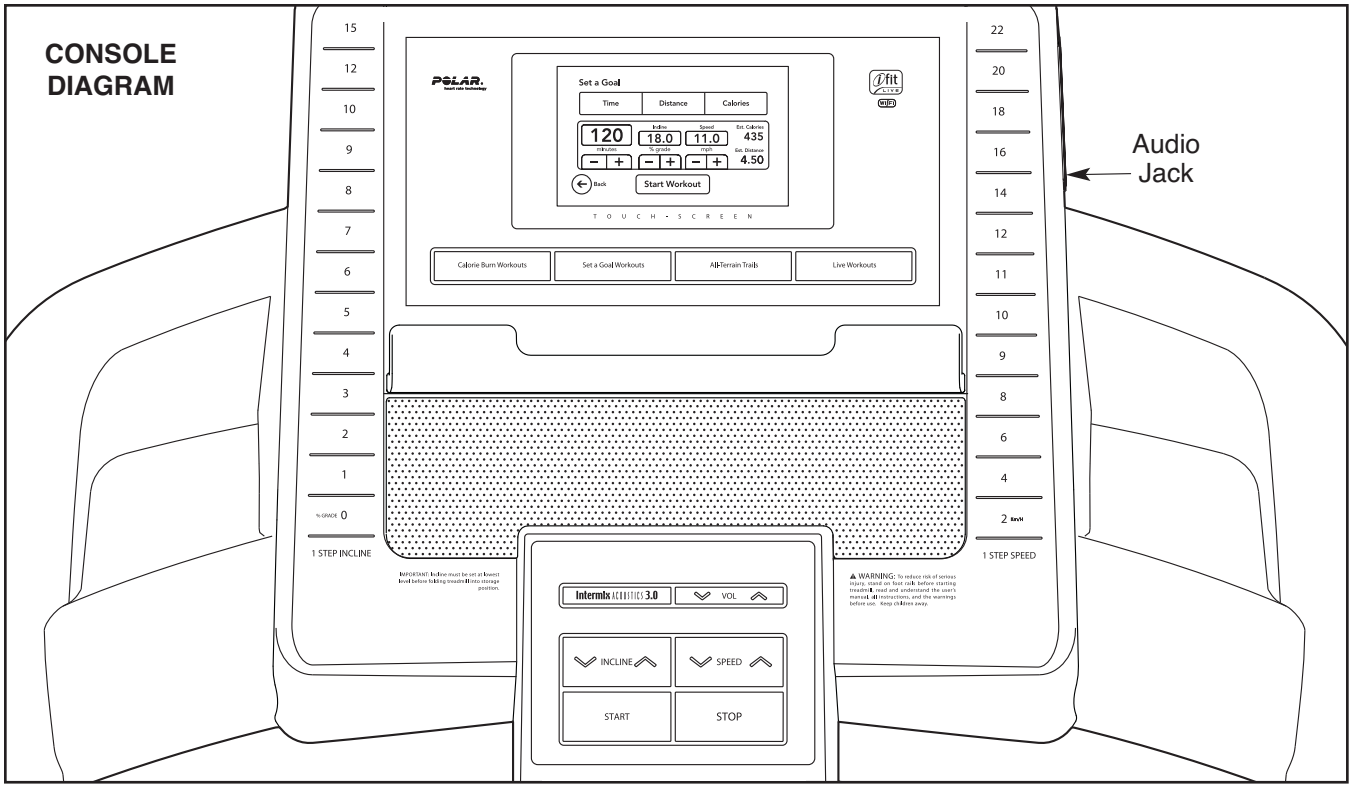
Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the treadmill.



2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.





FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When the manual mode of the console is selected, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or the chest heart rate monitor.

The console also offers thirty preset workouts—twenty calorie burn workouts and ten all-terrain trails workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. In addition, you can set a time, distance, or calorie goal.

The console also features an iFit Live mode that enables the treadmill to communicate with your wireless network. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

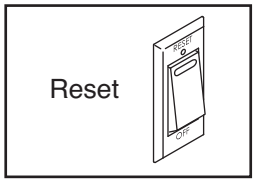
You can also listen to your favorite workout music or audio books with the console's premium stereo sound system while you get in shape.

To turn on the power, see page 16. **To use the manual mode,** see page 16. **To use a set-a-goal workout,** see page 19. **To use a calorie burn workout or an all-terrain trails workout,** see page 20. **To use the iFit Live mode,** see page 22. **To use the stereo sound system,** see page 22. **To use the settings mode,** see page 23. **To use the maintenance mode,** see page 25.

IMPORTANT: If there is a sheet of plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 30).

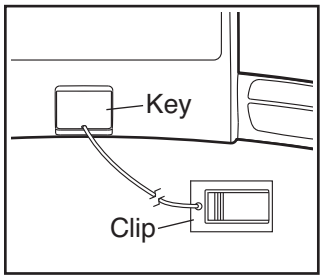
HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.



Plug in the power cord (see page 14). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.

IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the demo mode is turned on, the displays will light a few seconds after you plug in the power cord and press the power switch into the reset position, before you insert the key. To turn off the demo mode, see step 4 on page 24.



Next, stand on the foot rails of the treadmill. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After several seconds, the displays will light. **IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Before using the treadmill, please check for firmware updates (see step 6 on page 26).

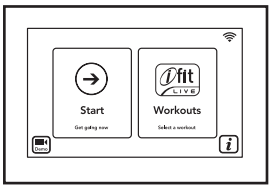
Note: The console may be able to display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 5 on page 24. For simplicity, all instructions in this manual refer to kilometers.

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER at the left. If necessary, press the Incline buttons to adjust the incline level to 0 percent. **Note: It may take a minute for the console to be ready for use.**

2. **Select the start menu.**



   Each time the key is inserted, the start menu will appear. If you have selected a workout or the iFit Live mode, first press the iFit Menu button in the upper right corner of the screen. Next, press the End Workout button, and then press the Done button to return to the start menu.

   If the iFit login screen appears, press the Main Menu button and then press the Back button to return to the start menu.

   Note: A Demo button may appear in the lower left corner of the screen. If you press the Demo button, the treadmill will run a demo workout.

3. **Start the walking belt and adjust the speed.**

   To start the walking belt, press the Start button on the screen or the Start button on the console. The walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change in increments of 0.5 Km/H.

If you press one of the numbered 1 Step Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 4.8 Km/H—press two numbered buttons in succession. For example, to select a speed setting of 4.8 Km/H, press the 4 button and then immediately press the 8 button.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button.

4. **Change the incline of the treadmill as desired.**

   To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the 1 Step Incline buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

5. **Monitor your progress.**

   The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, repeatedly press the Display increase or decrease button on the screen.

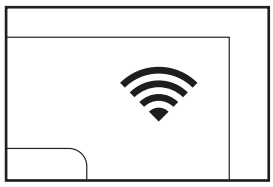
   As you walk or run on the treadmill, the screen can show the following workout information:

   - The elapsed time
   - The approximate number of calories you have burned
   - The distance that you have walked or run
   - The incline level of the treadmill
   - The speed of the walking belt
   - A track representing 1/4 mile (400 meters)
   - The time to complete one lap at the current speed setting
   - Your current lap number
   - The time remaining
   - The approximate number of calories burned per hour
   - The number of vertical feet you have climbed
   - Your pace in minutes per mile
   - Your heart rate (see step 6 on page 18)

   The displays at the top of the screen can show two items of information. Press each display until the display shows the desired information. Note: The manual mode does not have a time remaining countdown.

   If desired, adjust the volume level by pressing the Vol increase and decrease buttons on the console.

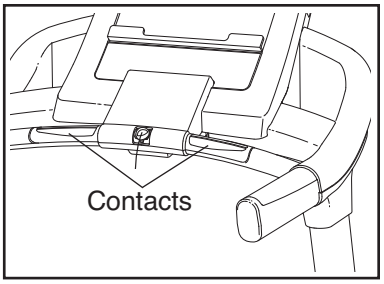
To reset the console, press the iFit Menu button in the upper right corner of the screen. To pause the workout, press the Pause button. To continue the workout, press the Resume button or the Start button. To end the workout and select a new workout, press the New Workout button. To end the workout, press the End Workout button.



Note: The small wireless symbol in the upper right corner of the screen will show your wireless connection status. If the symbol is yellow, your treadmill is connected to your wireless network. If the symbol is green, your treadmill is connected to your wireless network and you have logged in to www.iFit.com. If the symbol does not appear, your treadmill is not connected to your wireless network.

6. **Measure your heart rate if desired.**

Note: If you use the handgrip heart rate monitor and the chest heart rate monitor at the same time, the console will not display your heart rate accurately. For information about the chest heart rate monitor, see page 12.



Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts, if necessary. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the walking platform** and hold the metal contacts on the handrails for approximately ten seconds—**avoid moving your hands.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails and press the Stop button repeatedly until a workout summary appears on the screen. After you view the workout summary, press the Done button. Then, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A SET-A-GOAL WORKOUT

1. **Insert the key into the console.**

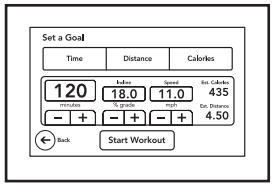
   See step 1 on page 16.

2. **Select the start menu.**

   See step 2 on page 16.

3. **Select a set-a-goal workout.**

   To select a set-a-goal workout, press the Workouts button on the screen. Then, press the Set a Goal button. You can also press the Set a Goal Workouts button on the console.

   To set a time, distance, or calorie goal, press the Time, Distance, or Calories button. Then, press the increase and decrease buttons on the screen to select a time, distance, or calorie goal and to select the speed and incline for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

4. **Start the workout.**

   Press the Start Workout button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

   The workout will function in the same way as the manual mode (see pages 16 to 18).

   The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, press the Done button.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight.

5. **Monitor your progress.**

   See step 5 on pages 17 and 18. The screen can also show your goal and a status bar showing your progress toward your goal.

6. **Measure your heart rate if desired.**

   See step 6 on page 18.

7. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 18.

HOW TO USE A CALORIE BURN WORKOUT OR AN ALL-TERRAIN TRAILS WORKOUT

1. **Insert the key into the console.**

   See step 1 on page 16.

2. **Select the start menu.**

   See step 2 on page 16.

3. **Select a calorie burn workout or an all-terrain trails workout.**

   To select a calorie burn workout or an all-terrain trails workout, press the Workouts button on the screen. Then, press the Calorie Burn button or the All-Terrain Trails button. You can also press the Calorie Burn Workouts button or the All-Terrain Trails button on the console.

   To select a calorie burn workout, select the desired difficulty level. Then, select the desired workout. The screen will show the approximate number of calories you will burn during the workout. The screen will also show the duration and distance of your workout. In addition, the screen will show the number of vertical feet you will climb and a profile of the incline settings of the workout.

   To select an all-terrain trails workout, select the desired difficulty level. Then, select the desired workout. The screen will show the duration of the workout and the approximate number of calories you will burn during the workout. The screen will also show the distance of your workout and the number of vertical feet you will climb. In addition, the screen will show a topographic map of the trail. Press the Profile button at the top of the screen near the time display to view a profile of the incline settings of the workout. To return to the map, press the Trail button at the top of the screen.

4. **Start the workout.**

   Press the Start Workout button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

   Each workout is divided into segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   During the workout, the profile will show your progress. Press the Display increase and decrease buttons repeatedly to view the profile. The red line will indicate the current segment of the workout. The height of the current segment indicates the incline setting for the current segment.

   At the end of the first segment of the workout, a series of tones will sound. If a different speed and/or incline setting is programmed for the second segment, the speed setting and/or incline setting will flash on the screen for a moment to alert you. The treadmill will then automatically adjust to the speed and/or incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, press the Done button.

If the speed or incline setting is too high or too low at any time during the workout, you can override the setting by pressing the Speed or Incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the iFit Menu button in the upper right corner of the screen. To pause the workout, press the Pause button. To end the workout and select a new workout, press the New Workout button. To end the workout, press the End Workout button.

To continue the workout, press the Resume button or the Start button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.

5. **Monitor your progress.**

   See step 5 on pages 17 and 18. The screen can also show a profile of the incline settings of the workout. When an all-terrain trails workout is selected, the screen can show a topographic map of the trail. The animated person running on the trail indicates your progress.

6. **Measure your heart rate if desired.**

   See step 6 on page 18.

7. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 18.

HOW TO USE THE IFIT LIVE MODE

The iFit Live mode enables the treadmill to communicate with your wireless network. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

1. **Connect your treadmill to your own wireless network.**

   See steps 1 and 2 on pages 23 and 24.

   To activate and use the iFit Live mode, you must have your own wireless network. You must have an 802.11b router with SSID broadcast enabled (hidden networks are not supported). You will also need an iFit.com membership.

2. **Select the iFit Live mode.**

   To select the iFit Live mode, first select the start menu (see step 2 on page 16). Next, press the Workouts button. Then, press the Live Workouts button. You can also press the Live Workouts button on the console.

   To set up an iFit Live account, or for more information about the iFit Live mode, go to www.iFit.com.

   To switch users, press the Switch User button in the lower right corner of the screen. Then, select the desired user.

If you have questions after reading this information, visit www.iFit.com/support.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's speakers, you must connect your MP3 player, CD player, or other personal audio player to the console.

Locate the audio wire. Plug one end into the audio jack on the side of the console. Plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume level on your personal audio player or press the Vol increase and decrease buttons on the console.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

HOW TO USE THE SETTINGS MODE

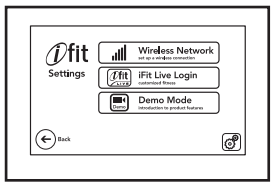
The console features a settings mode that allows you to connect your treadmill to your own wireless network and to log in to your iFit Live account. The settings mode also allows you to turn on and turn off the display demo mode. You may also be able to select the unit of measurement.

1. Select the settings mode.

Insert the key into the console (see step 1 on page 16). Next, select the start menu (see step 2 on page 16). Then, press the i button in the lower right corner of the screen to select the settings mode.

2. Select the wireless network mode.

Press the Wireless Network button on the screen.



You must have your own wireless network and an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

If your wireless network is unencrypted and does not require a password, go to step 2a. If your wireless network is encrypted and requires a password, go to step 2b.

2a. Connect your treadmill to an unencrypted wireless network.

Select the desired wireless network and press the Connect button. When the Disconnect button appears, your exercise equipment is connected to the wireless network. Then, press the Done button. Go to step 3.

2b. Connect your treadmill to an encrypted wireless network.

To connect to your encrypted network, you will need to know your network SSID (network name), network encryption type, and network password.

Select the desired wireless network and press the Advanced button. If your network is encrypted, you must press the Use Encryption button and fill in the entry boxes. If desired, you may also set a static IP address and/or a static domain name server (DNS).

To use encryption, press the Use Encryption button. Select the encryption type and enter the password. When you are finished, press the Submit button. To return to the advanced settings screen, press the Cancel button.

To use numbers or other characters on the keyboard on the screen, press the .?123 button or the #+= button. To return to the letter keyboard, press the ABC button. To capitalize a character, press the button with an upward-facing arrow. To clear the last character, press the button with a backward-facing arrow and an X.

To use a static IP address, press the Use Static IPs button. Enter the IP address, netmask, gateway IP address, and at least one DNS. Press the arrow buttons to view additional entry boxes. When you are finished, press the Submit button. To return to the advanced settings screen, press the Cancel button.

To use a static DNS, press the Use Static DNS button. Enter at least one DNS. Press the arrow buttons to view additional entry boxes. When you are finished, press the Submit button. To return to the advanced settings screen, press the Cancel button.

If necessary, press the Cancel button to exit the advanced settings screen.

If you are having problems connecting, unencrypt your network, update your console firmware (see step 6 on page 26), and then encrypt your network.

Note: If you turn on encryption on a non-encrypted network, the console will not function correctly.

Note: The iFit Live mode supports unsecured and secured (WEP, WPA, and WPA2) encryption. A broadband connection is recommended; performance depends on connection speed.

Note: If you have questions after following these instructions, go to www.iFit.com/support for assistance.

3. **Log in to your iFit Live account.**

   Press the iFit Live Login button. Then, enter your user name and password using the keyboard on the screen. To use numbers or other characters, press the .?123 button or the #+= button. To return to the letter keyboard, press the ABC button. To capitalize a character, press the button with an upward-facing arrow. To clear the last character, press the button with a backward-facing arrow and an X. When you are finished, press the Login button. To return to the settings mode, press the Cancel button.

   To set up an iFit Live account, or for more information about the account, go to www.iFit.com.

4. **Turn on or turn off the display demo mode.**

   The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the screen will remain lit, although the buttons will not function.

   To turn on or turn off the display demo mode, first press the Demo Mode button. Next, press the On button or the Off button. Then, press the Back button.

5. **View the unit of measurement.**

   Press the US/Metric button to view the selected unit of measurement. Select a different unit of measurement, if desired. Then, press the Back button.

6. **Exit the settings mode.**

   To exit the settings mode, press the Back button.

HOW TO USE THE MAINTENANCE MODE

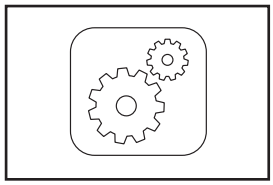
The console features a maintenance mode that allows you to calibrate the incline and speed of the treadmill, restore factory defaults, calibrate the screen, update the console firmware, and view technical information.

1. **Select the settings mode.**

   See step 1 on page 23.

2. **Select the maintenance mode.**

   Press the Maintenance button in the lower right corner of the screen to enter the maintenance mode.



3. **Calibrate the incline system of the treadmill.**

   Press the Calibrate Incline button. Then, press the Begin button to calibrate the incline or the Cancel button to return to the maintenance mode. If you press the Begin button, the treadmill will automatically rise to the maximum incline level, lower to the minimum incline level and then return to the starting position. This will recalibrate the incline system. When the incline system is calibrated, press the Back button.

   IMPORTANT: Keep pets, feet, and other objects away from the treadmill while the incline is calibrating. In an emergency, pull the key from the console to stop the incline calibration.

4. **Calibrate the screen.**

   If the screen is not properly calibrated, it will be difficult to press the buttons on the screen. To calibrate the screen, press the Calibrate Screen button and then press the Begin button. Press the Cancel button to return to the maintenance mode.

   Using a pencil eraser or other small object, press the center of the small target on the screen. Then, press the next two targets. After several seconds, the console will return to the start menu.

5. **Calibrate the speed of the treadmill.**

   Calibrate the speed of the treadmill only if instructed to do so by an authorized service representative.

   Note: The Calibrate Speed button may not be enabled on your treadmill.

6. **Update the console firmware.**

   For the best results, regularly check for firmware updates.

   Press the Firmware Update button. Press the Begin button to check for updates or the Cancel button to return to the maintenance mode.

   A status bar will appear in the grey box on your screen. When the update is complete, the words PLEASE CYCLE POWER will appear in the grey box. Press the power switch on the treadmill frame into the off position. Wait for several seconds, and then press the power switch into the reset position. It may take a minute for the console to be ready for use.

7. **View technical information.**

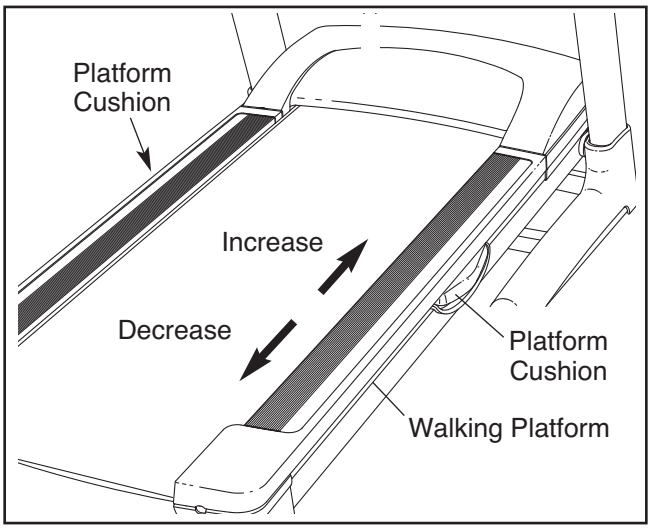
   Press the Technical Info button to view the total number of hours that the treadmill has been used and the total number of miles that the walking belt has moved. After you view the information, press the Finish button.

8. **Exit the maintenance mode.**

   To exit the maintenance mode, press the Back button repeatedly.

HOW TO ADJUST THE CUSHIONING SYSTEM

Remove the key from the console and unplug the power cord. The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushions toward the front of the treadmill. To decrease the firmness, step off the treadmill and slide the platform cushions toward the back of the treadmill. **Note: Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**

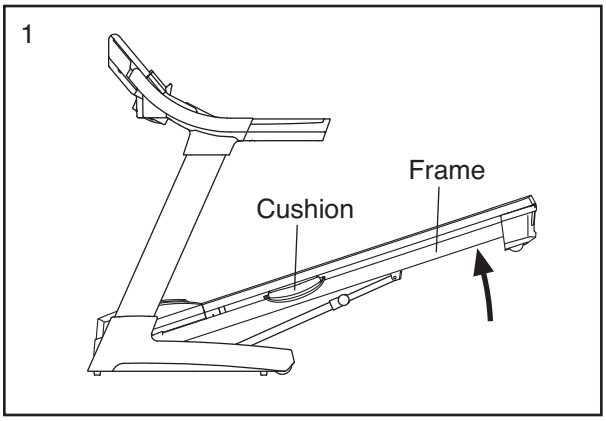


HOW TO FOLD AND MOVE THE TREADMILL

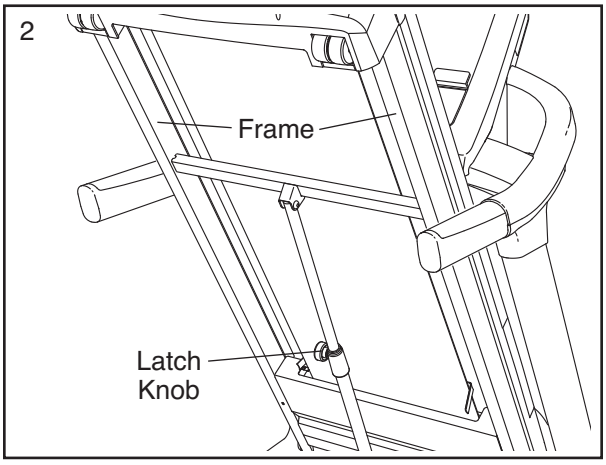
HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to the lowest position before you fold the treadmill. Then, remove the key and unplug the power cord. It may be helpful to adjust the platform cushions to their highest or lowest settings (see page 26 to adjust the platform cushions). CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.**



2. Raise the frame until the latch knob locks in the storage position. **CAUTION: Make sure that the latch knob locks.**

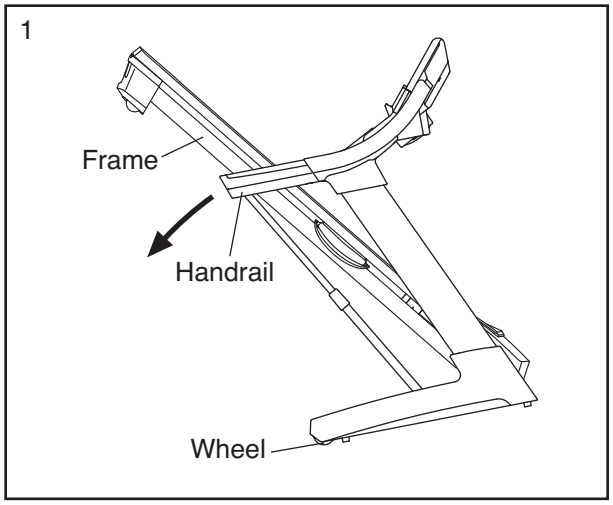


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the latch knob is locked in the storage position. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill frame with your right hand. Then, pull the latch knob to the left. **IMPORTANT: Do not turn the latch knob.** If necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob.

2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

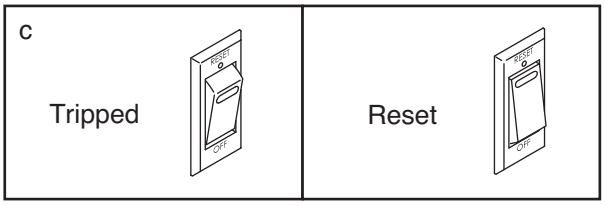
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

SYMPTOM: The power does not turn on

a. Make sure that the power cord is plugged into a properly earthed outlet (see page 14). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in.



SYMPTOM: The power turns off during use

a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console, and then reinsert it.

d. If the treadmill still will not run, please see the front cover of this manual.

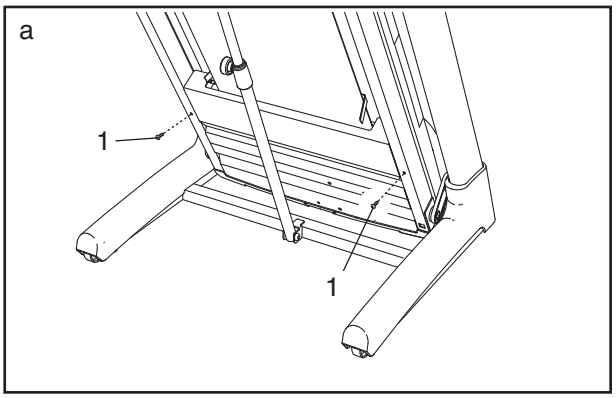
SYMPTOM: The console screen remains lit when you remove the key from the console

a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the screen remains lit when you remove the key, the demo mode is turned on. To turn off the demo mode, see step 4 on page 24.

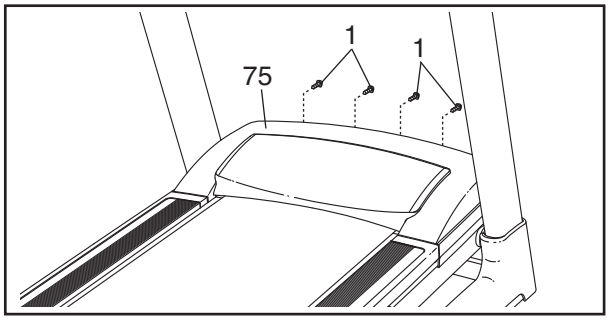
SYMPTOM: The console does not display speed and distance correctly

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 27).

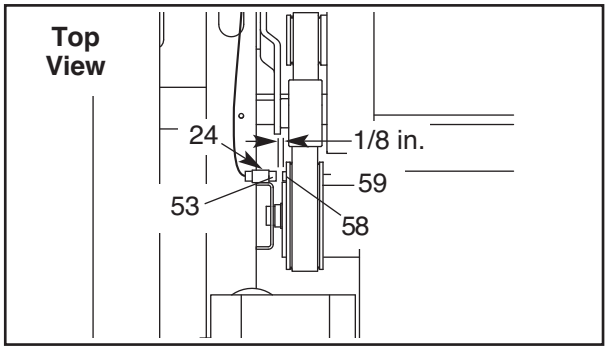
Next, remove the two indicated #8 x 3/4" Screws (1).



Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 27). Remove the four indicated #8 x 3/4" Screws (1), and remove the Motor Hood (75).



Next, locate the Reed Switch (53) and the Magnet (58) on the left side of the Pulley (59). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the indicated #8 x 3/4" Tek Screw (24), move the Reed Switch slightly, and then retighten the Tek Screw. Then, reattach the Motor Hood (not shown) with the six #8 x 3/4" Screws (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



SYMPTOM: The incline of the treadmill does not change correctly

a. Recalibrate the incline system (see step 3 on page 25).

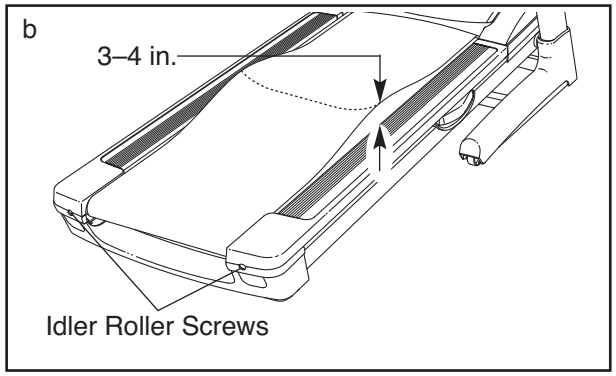
SYMPTOM: The iFit Live mode does not function correctly

a. If the iFit Live mode is not functioning correctly, make sure that the treadmill has the most current firmware available (see step 7 on page 26).

SYMPTOM: The walking belt slows when walked on

a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

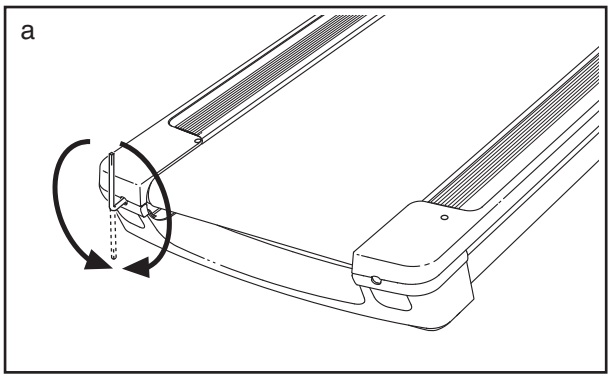
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



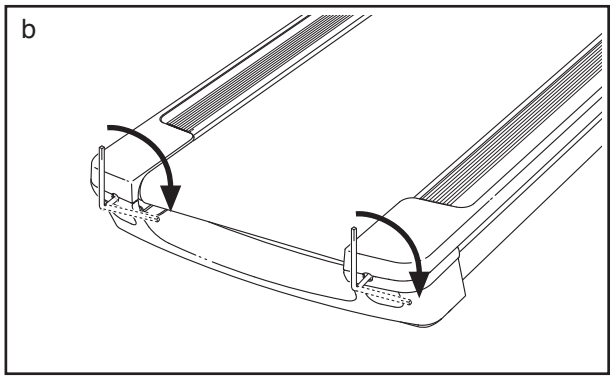
c. If the walking belt still slows when walked on, see the front cover of this manual.

SYMPTOM: The walking belt is off-center or slips when walked on

a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

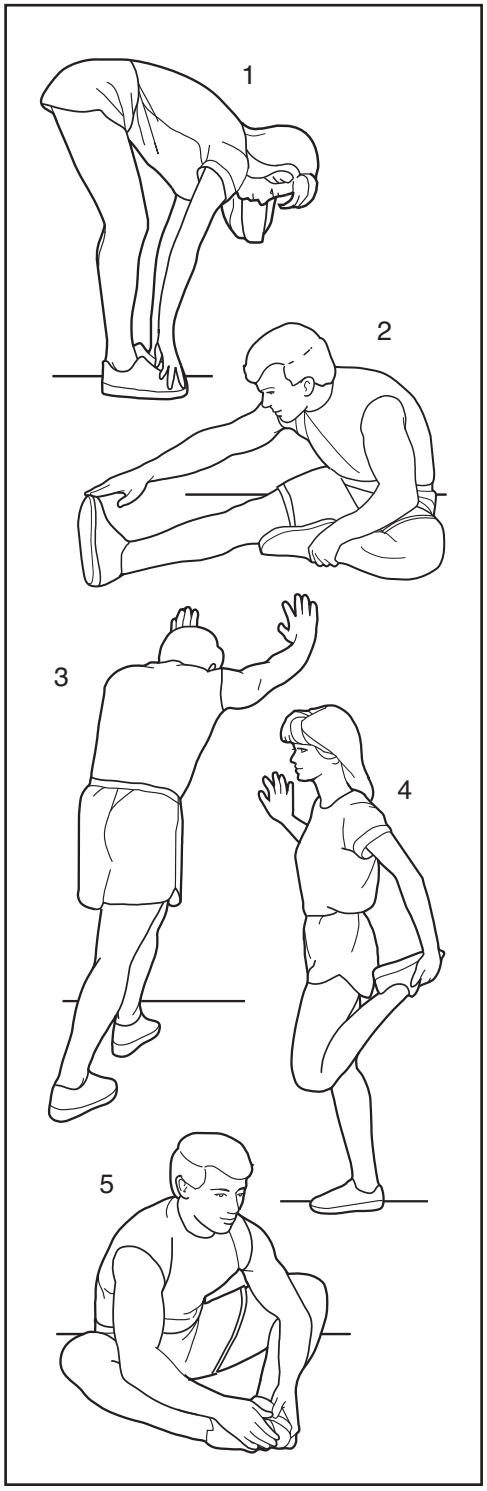
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. NETL19810.0 R0411A

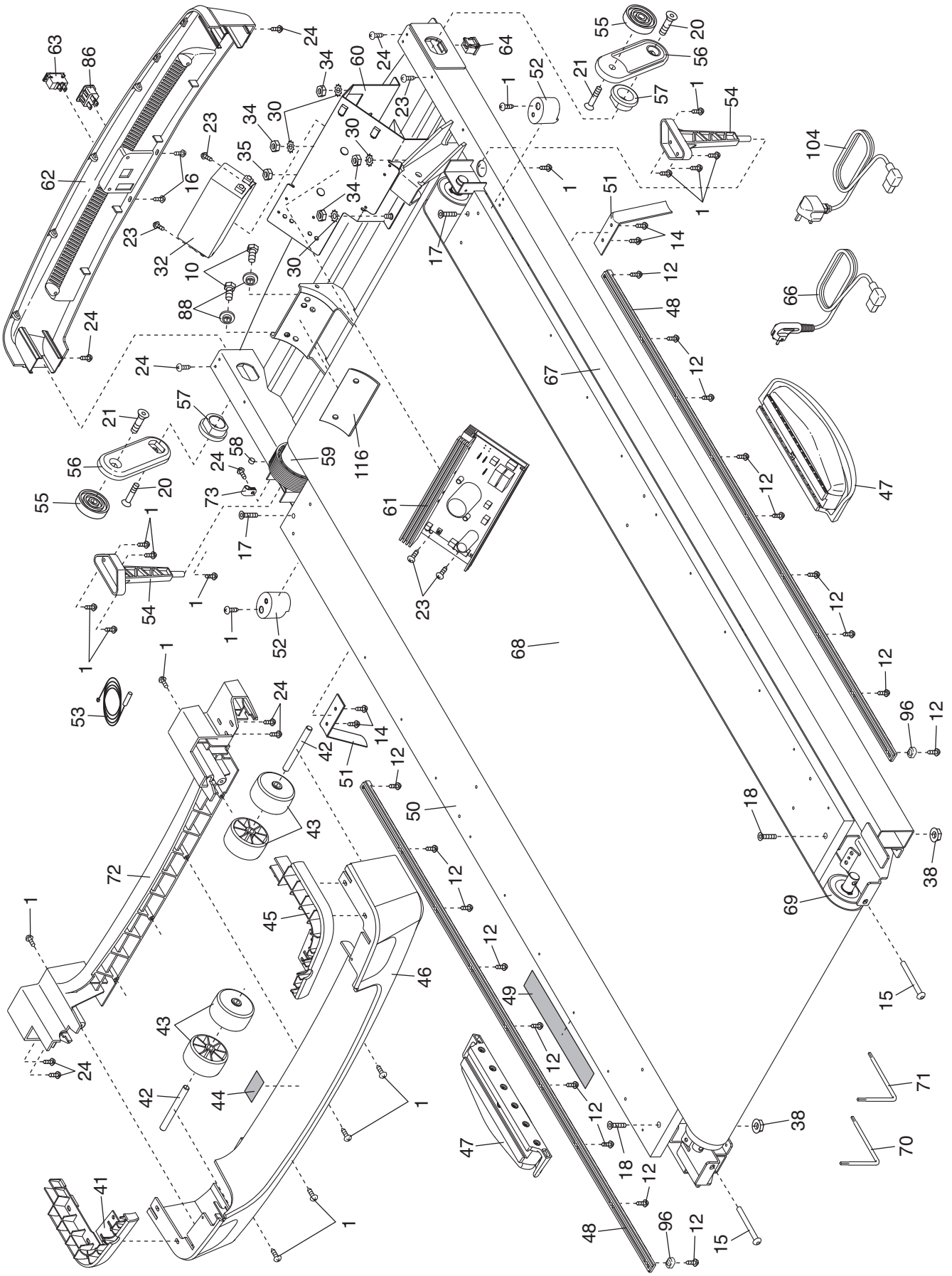
Key No.	Qty.	Description
1	54	#8 x 3/4" Screw
2	6	3/8" x 1 1/4" Screw
3	1	3/8" x 1 3/4" Bolt
4	1	3/8" x 2" Bolt
5	4	3/8" x 3 3/4" Screw
6	10	3/8" Star Washer
7	8	3/8" Jam Nut
8	1	Heart Rate Monitor
9	2	#8 x 1/2" Screw
10	2	Drive Motor Screw
11	1	3/8" x 1 3/4" Hex Head Bolt
12	18	#8 x 3/4" Flat Head Screw
13	1	3/8" x 2" Hex Head Bolt
14	4	#8 Belt Guide Screw
15	2	1/4" x 2 1/2" Screw
16	16	#8 x 1/2" Screw
17	2	1/4" x 1 1/4" Screw
18	2	5/16" x 1 1/4" Bolt
19	12	#12 x 1" Screw
20	2	3/8" x 3/4" Screw
21	2	3/8" x 1 3/4" Screw
22	2	3/8" x 2 3/8" Bolt
23	7	#8 x 1/2" Washer Head Screw
24	15	#8 x 3/4" Tek Screw
25	4	#8 x 1" Screw
26	8	#8 x 3/4" Pan Head Tek Screw
27	1	Console
28	4	#8 Star Washer
29	4	#8 x 1" Tek Screw
30	4	1/4" Star Washer
31	1	Right Pulse Grip
32	1	Filter
33	4	Base Pad Spacer
34	4	1/4" Locknut
35	1	#8 Locknut
36	1	Access Door
37	4	Hood Clip
38	2	5/16" Flange Nut
39	1	Left Pulse Grip
40	4	Handrail Cover Fastener
41	1	Left Foot Insert
42	2	Rear Wheel Axle
43	4	Rear Wheel
44	4	Caution Decal
45	1	Right Foot Insert
46	1	Rear Foot
47	2	Platform Cushion
48	2	Cushion Track
49	1	Warning Decal
50	1	Walking Platform
51	2	Belt Guide
52	2	Isolator
53	1	Reed Switch
54	2	Hood Mount
55	2	Lift Arm Spacer
56	2	Lift Arm
57	2	Incline Rod Spacer
58	1	Magnet
59	1	Drive Roller/Pulley
60	1	Electronics Bracket
61	1	Controller
62	1	Front Cap
63	1	Power Switch
64	2	Upright Wire Grommet
65	1	Chest Strap
66	1	Power Cord
67	1	Frame
68	1	Walking Belt
69	1	Idler Roller
70	1	Hex Key
71	1	5/32" Hex Key
72	1	Rear Foot Insert
73	1	Reed Switch Clamp
74	1	Incline Sensor Wire
75	1	Motor Hood
76	1	Incline Rod
77	1	Incline Motor
78	1	Incline Motor Wire
79	1	Stop Bracket
80	1	Stop Bracket Spacer
81	1	Drive Motor Belt
82	1	Drive Motor
83	1	Left Rail Cover
84	1	Left Foot Rail
85	1	Right Rail Cover
86	1	Receptacle
87	1	Storage Latch
88	2	Motor Bushing
89	1	Left Upright Sleeve
90	1	Right Upright Sleeve
91	1	Left Upright
92	1	Right Upright
93	1	Upright Wire
94	1	Key/Clip
95	1	Right Foot Rail
96	2	Cushion Stop
97	6	Releasable Tie
98	2	Tie Clamp
99	9	Plastic Tie
100	1	Left Base Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Wheel	110	1	Handrail
102	1	Right Base Cover	111	2	Handrail Grip
103	1	Base	112	2	Console Clamp
104	1	UK Power Cord	113	1	Speaker Cover
105	4	Base Pad	114	1	Console Wire
106	1	Console Base	115	1	Module Housing
107	2	Console Ground Wire	116	1	Motor Isolator
108	1	Console Plate	117	1	Audio Wire
109	2	Handrail Cap	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

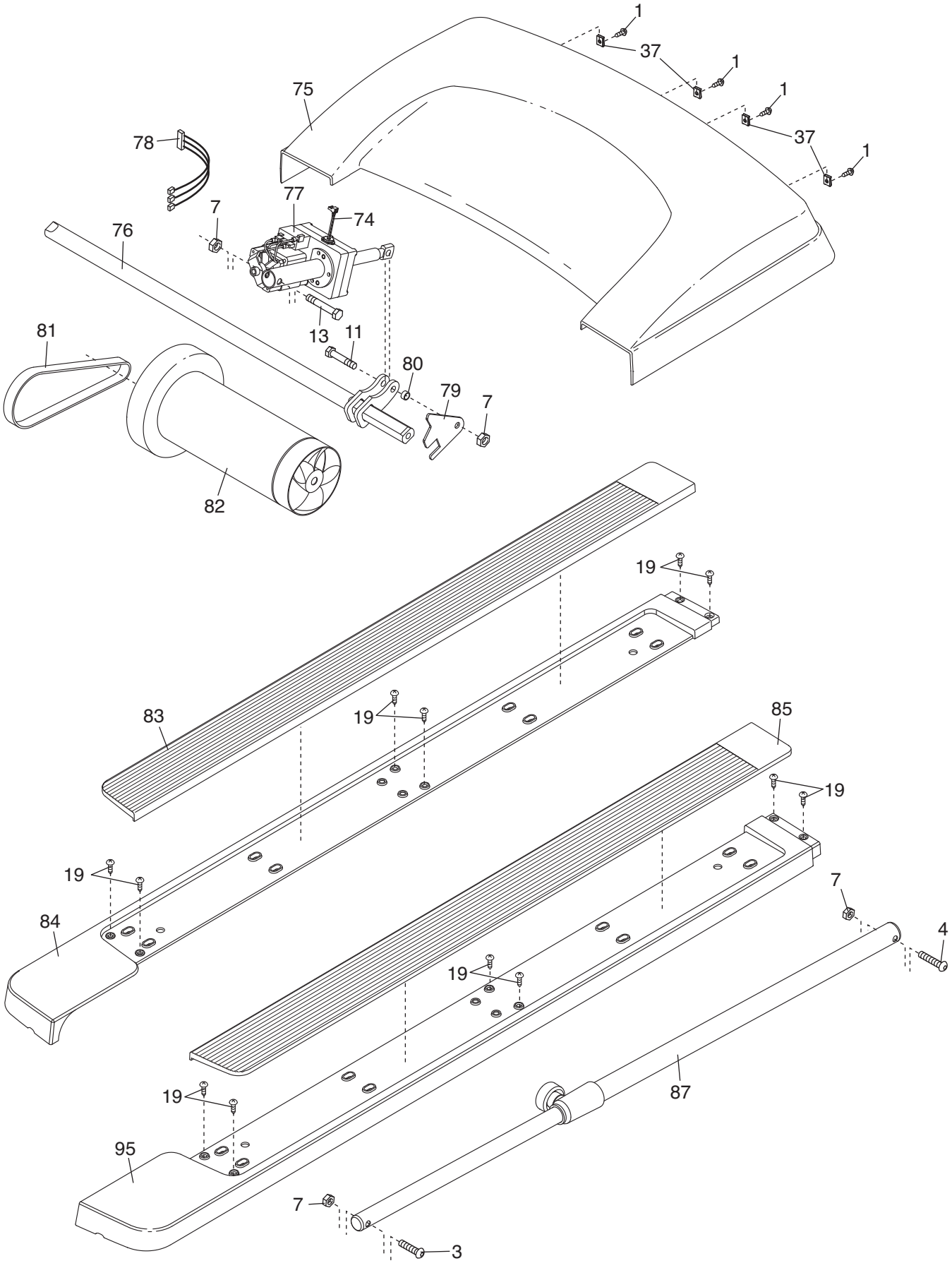
EXPLODED DRAWING A

Model No. NETL19810.0 R0411A



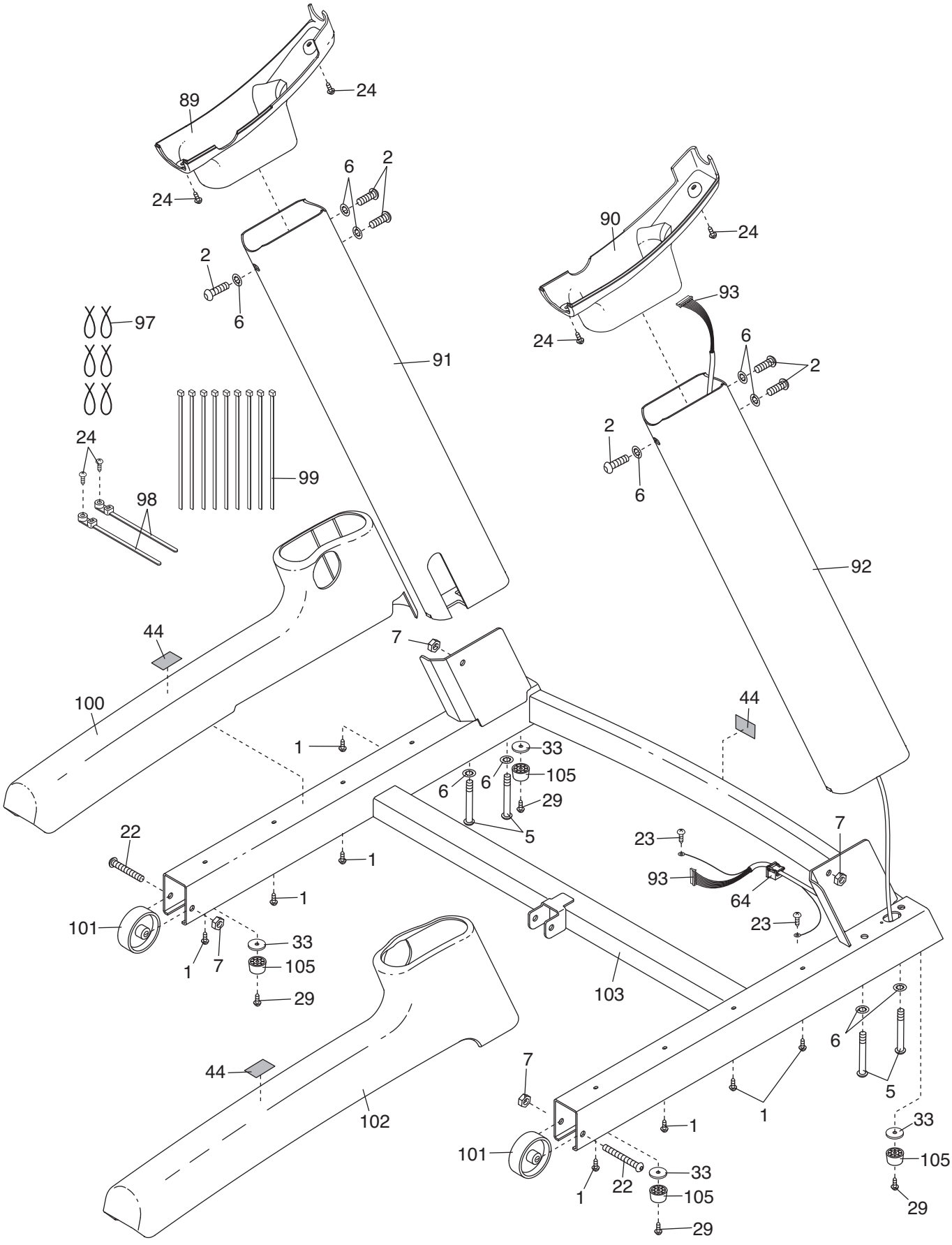
EXPLODED DRAWING B

Model No. NETL19810.0 R0411A



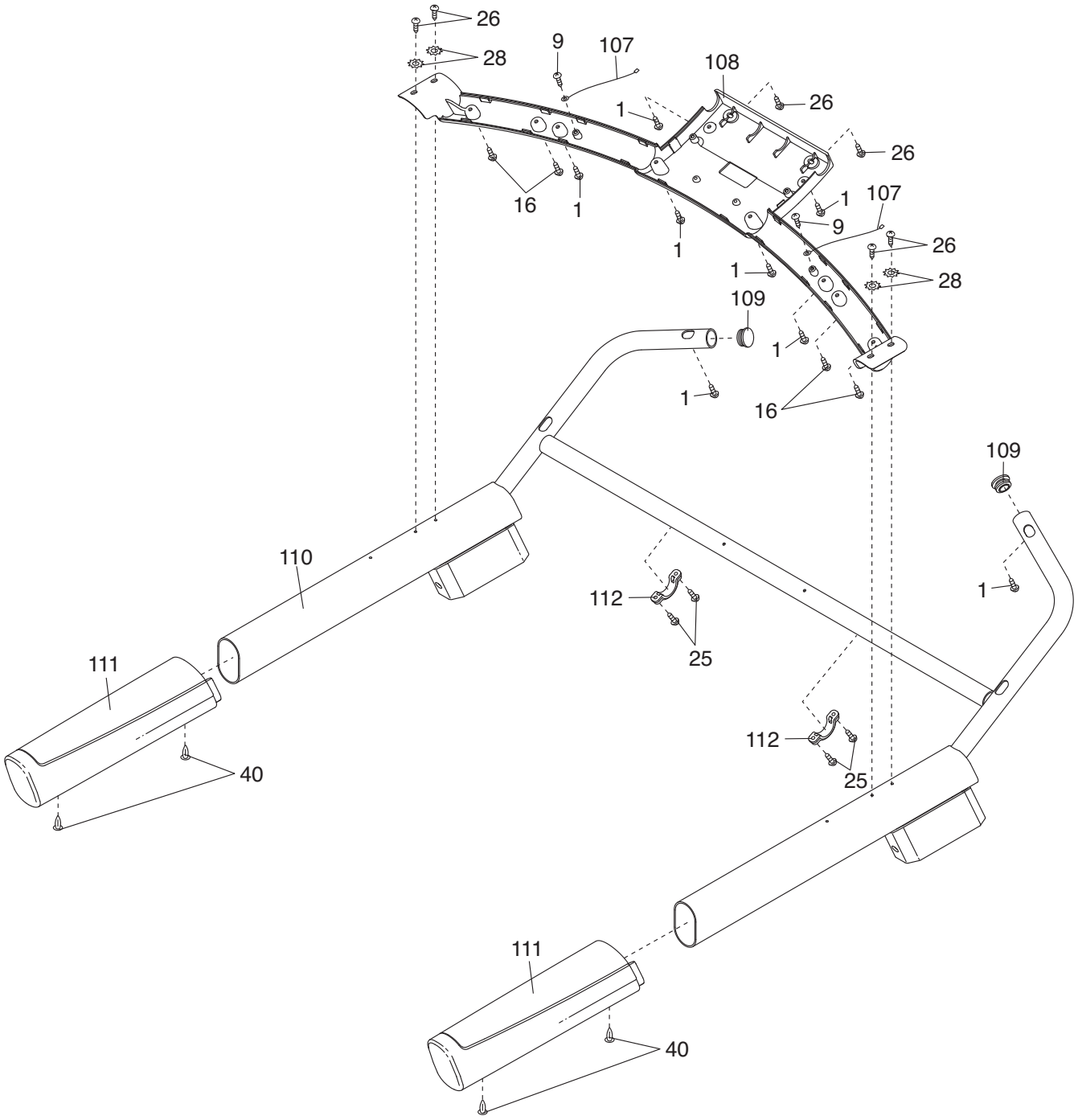
EXPLODED DRAWING C

Model No. NETL19810.0 R0411A



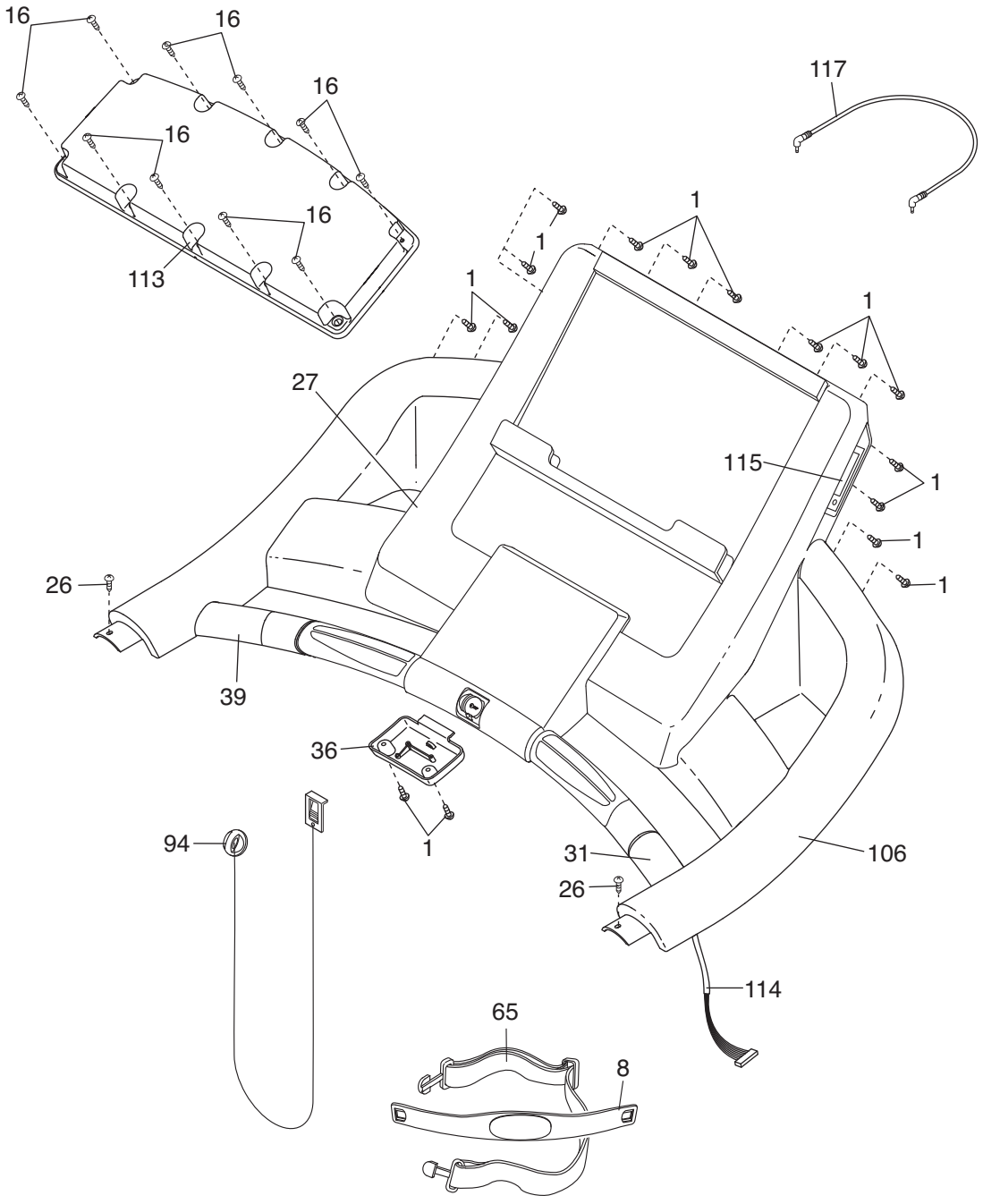
EXPLODED DRAWING D

Model No. NETL19810.0 R0411A



EXPLODED DRAWING E

Model No. NETL19810.0 R0411A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

- the model number and the serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

Part No. 303361 R0411A

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